



## **POA LESSON 1 WORKSHEET**

**STUDENT NAME:**

### **Video 1 Task**

- a. What words does All-u-re sound out?
- b. Why does All.u.re Workshop use a 'compass' for their logo?

### **Video 2 Task**

- a. Brainstorm different cultural or historical beauty trends throughout different eras (you can include current cultures):
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  - 
  -
- b. What were some of the products/advertisements shown as examples of 'cultural beauty trends' in this video? What did you notice that was ironic about their opposite messages?

### **Video 3 Task**

Can you think of anyone in your life who has the quality of radiance? Who is this person? What is it about them that makes them 'radiant'?

### **Video 4 Task**

Write down an example of 'harmonious' behaviour that you will try to live out in your daily life:



### **Video 5 Task**

**Find an inspirational quote written by someone that reflects what you have learnt about valuing your 'complete' self:**

### **Video 6 Task**

**What was one thing the guys said that impacted you in a positive way?**

### **Video 7 Task**

**What are some of your unique qualities that you could make more of an effort to appreciate, rather than try to change?**

### **Video 8 Task**

**a. Research Helen Keller. What is one inspiring fact you have found out about her attitude to her life?**

**b. Now it's your turn. Think of an inspiring female role model who embodies the 'three qualities' of All.u.re and is contributing positively to society in some way. She can be famous, or someone you know, from the past or present.**

**Answer these questions about her:**

**a. Name:**

**b. Nationality and year of birth:**

**c. Why is she your role model?**

**d. What are two qualities of hers that you would like to copy?**



### **BONUS ACTIVITIES:**

**B1. Find an advertising product that promotes a limited notion of beauty to women. Answer the following questions:**

**Name of product:**

**Why do you think it is limited in its portrayal of beauty?**

**What would you tell a girl who was thinking about buying this product?**

**B2. Design a magazine cover for your female role model (*for a professional look, we recommend using [www.canva.com](http://www.canva.com) and searching for 'magazine covers' in the CANVA search bar to find lots of templates you can click on and edit easily*)**

**Answer the following questions on her behalf for an imaginary interview:**

- 1. What do you think it takes to be an inspiring woman to others?**
  
  
  
  
  
- 2. How did you overcome some of the lowest points of your life?**
  
  
  
  
  
- 3. What would be the best advice you would give to a teenage girl who admires you?**